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CASCADIA ROWING CANADA AVIRON  
**MASTERS CHALLENGE**  
**DÉFI DES MAÎTRES**

## **2021 CASCADIA ROWING CANADA AVIRON MASTERS CHALLENGE**

VIRTUAL REGATTA AND EDUCATIONAL SERIES  
**July 12-18, 2021**

### **EVENT INFORMATION**

Welcome back, rowing friends! Our 2021 event will be slightly different than usual, but will help cater to the many differing restrictions we all face due to COVID-19. It will consist of a virtual rowing regatta run at participants' home clubs and a Rowing Canada Aviron (RCA) sponsored Educational Series. The event will take place from Monday July 12 to Sunday July 18, 2021. There will not be an official race schedule, and rowers will have 1 week (July 12-18, 2021) to submit their results using the timing/results system designated by the Organizing Committee (OC). The RCA Educational Series schedule will be posted by July 1, 2021 on the RegattaCentral, Cascadia and RCA websites.

### **Venue**

Individual rowers and clubs will designate a rowing course where rowers will have 1000m of clear water without obstacles and preferably straight. Rowers/clubs must follow all safety procedures for the club/waterway. If you do not have access to an adequate body of water, this could be an opportunity for clubs to share waterways. If assistance is required, contact your Provincial Rowing Association (PRA) and/or National Rowing Federation (NRF). If you do not know how to contact them, please reach out to us and we will help you.

### **Registration**

**RegattaCentral**  
[www.regattacentral.com](http://www.regattacentral.com)

All entries must be made through RegattaCentral.

If a rower does not submit a result for the event(s) they have registered for, no refunds will be offered. If cancellation of the regatta is unavoidable for any reason beyond the control of the OC, no refunds will be offered.



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## Deadlines

Registration opens: 12:01 am PT, Wednesday June 23, 2021

Registration closes: 11:59 pm PT, Friday July 9, 2021

Late registration and scratch deadline: 11:59 pm, Saturday July 10, 2021

A \$5 per entry late fee will be added to registrations received after July 11, 2021.  
Scratch fees after July 11, 2021 are equal to the registration fee.

## Events Offered

On-Water and Ergometer

*Due to COVID-19 and the various restrictions across the country/globe, rowers must ONLY enter in events that adhere to their local Public Health orders.*

1x, 2x, 2+, 2-, 4x, 4+, 8+ (Men, Women and Mixed Crews).

LW 1x, 2x, 4x, 4+ (Men and Women)

Para events as Subscribed (Men and Women)

Novice: 1x, 2x 4x (Men and Women)

## Entry Fees

There is a flat fee of \$25 CAD per person and \$2 CAD/entry. Racers can enter in as many events as they desire.

Along with your entry fee, each rower will receive an event branded t-shirt.  
International rowers will be contacted directly in regards to international shipping costs.

If you do not want a t-shirt and would like to instead direct the monies allocated, the portion of your fee will go to supporting RCA's Diversity, Equity and Inclusion initiatives.

## Rower Eligibility

Rowing Canada Aviron Rules of Racing will be in effect unless otherwise noted in official event information.

- All participants must be registered members in good standing with their national governing organization, i.e. Rowing Canada Aviron or US Rowing.
- All rowers, regardless of nationality, are eligible for awards.



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- A rower may compete as a Master in the year in which they attain the age of 21.
- Composite crews are welcome provided they are identified at the time of regatta registration and allowed by **local Public Health orders**. Individuals may represent only one club at the regatta.
- Uniforms and the blades of all club oars and sculls do not need to be in club colours.
- Due to limitations, racing down will not be allowed.

## **Age Categories**

AA age: 21 - 26

A age: 27 - 35

B age: 36 - 42

C age: 43 - 49

D age: 50 - 54

E age: 55 - 59

F age: 60 - 64

G age: 65 - 69

H age: 70 - 74

I age: 75 - 79

J age: 80 - 84

K age: 85 - 89

L age: 90 and over

The age categories do not apply to coxswains. The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers in a crew boat need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

## **Garrett Masters' Age Adjusted Time System**

These age adjusted times are based on the best 15% of 1000m finish times in finals at US National Masters Championships and FISA World Masters Championships. They represent the performance of rowers who choose to race as Masters.

The time allowances are designed to give an older boat an equal chance of winning when racing in the next youngest FISA age category.

Note: The age adjusted time for Category AA rowers will be equal to Category A age 27 rowers.



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## **Competitor Undertaking and Agreement**

Each competitor competes entirely at their own risk and confirms that they are in good health and have no medical or health condition that could endanger or limit their ability whilst participating in the event. Each competitor understands and has considered and evaluated the nature, scope and extent of the risks involved, and voluntarily and freely chooses to assume these risks.

Competitors accept and understand that Cascadia and RCA do not provide any insurance, whether life or medical or liability, for any illness, accident, injury, loss or damage that may arise in connection with participation in the “2021 Cascadia RCA Masters Challenge”.

In consideration of their acceptance of the entry form, competitors agree that neither Cascadia, RCA, nor its partners, their respective directors, officers, employees, representatives, agent successors and assigns are liable for any injury, loss, claim, or damage to the health, wellbeing or property of any participant or anyone else caused by or arising out of participation in this event.

## **Meaningful Competition**

The Cascadia/RCA OC seeks to create a rewarding and high-level competitive experience. In order to be awarded first, second or third, there must be at least four rowers in a race. This ensures that each award represents a well-earned result for the top three positions.

If there are not four entries in a race, where logical, the OC will combine age groups in an attempt to reach four or more rowers. Age adjusted times will be assigned as necessary and one first, second and third prize will be awarded for that combined race using the handicap to determine the winners. Where at all possible, the span of age categories will not be more than three.

### **Novice**

#### Ergometer Events

Novice rowers are new to rowing as of January 2020.

#### On-Water Events

Novice rowers are new to rowing as of January 2019. We are expanding the definition of novice recognizing that 2020 and 2021 have presented limitations to learning to row on water.

### **Lightweight Events**

- Men - 72.5 KG/160 lbs. maximum individual weight
- Women - 59 KG/130 lbs. maximum individual weight



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All rowers entered in lightweight races are required to prepare video evidence as proof of their body weight. The Cascadia Timing Officials will request video for the top 3 rowers in any given event and conduct random spot checks.

Lightweight rowers are required to 'weigh-in' on the **same day of their race** anytime up to **1 hour before the on-water start time** of their race. Regatta officials may perform spot checks and request proof from the top 3 rowers of the event(s). The videos must be filmed in accordance with the requirements below:

- Rowers may use any digital camera or camera phone to record their bodyweight with enough quality (short video) to see all of the following details:
  - ✓ Shows that the scale is zeroed
  - ✓ Shows the rower standing on the scale
  - ✓ Wearing racing clothes
  - ✓ Bodyweight measurement is visible on the scale
  - ✓ Date and time (this could be the home screen of a phone or watch showing the date and time stamp) on the day of your race and the actual time the weigh-in is done.
- Verification will take place by the Cascadia Timing Official. Final race results will not be official until all weigh-in submissions for a particular race have been verified and approved.

Note: If a rower does not make weight, or they do not submit their picture/video evidence when requested within 12 hours, they will still be able to race, however their score will not be included in the lightweight category, but the age appropriate weight category. If you do not make weight on your scales and you do not think you will make weight during the week, please inform the OC by email at [info@cascadiaregatta.ca](mailto:info@cascadiaregatta.ca)

If a rower is racing in multiple lightweight races, they only need to weigh-in once per day, but if a rower races on separate days, they will need to weigh-in on each separate day.

## **Coxswains**

Age classification for coxswains will not apply at this regatta. The minimum weight of a coxswain wearing a racing uniform shall be 55 kilograms. If under the minimum weight, a coxswain shall carry deadweight to make up the difference between the weight of the coxswain and the minimum required weight.

## **Para Events**

The use of FISA Standard Adaptive boats is mandatory for all PR1 1x and PR2 2x events.



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## Regatta Timeline

### Athlete/Coxswain Meeting

SUNDAY, JULY 11, 2021 @ 3PM PACIFIC TIME (6pm ET)

Google Meet joining info: <https://meet.google.com/zne-pdvx-evv>

### Event Results Submission

MONDAY, July 12, 2021 @ 12am PT - SUNDAY July 18, 2021 @ 3pm PT (6pm ET)

### CASCADIA Cocktail Hour Q&A

FRIDAY, July 16 @ 5pm Pacific

Google Meet joining info: <https://meet.google.com/gzw-vibo-auh>

*Join the Cascadia OC for a cocktail hour from the privacy of your own home. Cascadia wants to hear from the rowers that participate in our regatta year after year. We are now into our second decade of operations and we want to move the regatta in a direction that best suits you. If you have questions about how we operate, suggestions on areas where we can improve, or events that you would like to see added, or if you just want to send general feedback, email us at [bill@cascadiaregatta.ca](mailto:bill@cascadiaregatta.ca). We will read all questions and best answer what we can and then open the floor for live questions.*

## Safety and Fitness

***\*We strongly recommend you do not compete alone. At the very minimum, alert someone of your race start time and check in with them when you finish.***

RCA Rules of Racing will be in effect unless otherwise noted in official event information. As per RCA Rule 2.3.1, "each rower/competitor shall be responsible for his/her own health and fitness."

Please Note: As of January 1, 2019, RCA has implemented the enforcement of changes made to Rule 3.5 in the RCA Rules of Racing. The rule relates to the implementation of a single handed release strap for foot-stretchers. Information on this rule can be found here: [https://rowingcanada.org/uploads/2019/02/rca\\_rules\\_of\\_racing\\_rule\\_3.5\\_1.pdf](https://rowingcanada.org/uploads/2019/02/rca_rules_of_racing_rule_3.5_1.pdf)

Also:

- C2 Flex Feet are banned by RCA
- All laces, Velcro or similar material used for foot release must be able to be released by one single and easily accessible strap.
- Heel ties must be limited to 7 cm or 2.8 inches.
- All boats must have a securely fastened bow ball.

Every rower or coxswain participating in the regatta is responsible to ensure that the crew and boat are in fit condition to race.



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## **Emergency Facilities**

Refer to your local club emergency action plan.

## **RACE OPERATIONS AND TECHNICAL INFORMATION**

*\*We strongly recommend you do not compete alone. At the very minimum, alert someone of your race start time and check in with them when you finish.*

### **Ergometer Race Operations**

#### **Equipment**

Rowers are recommended to race on a Concept2 ergometer with either a PM3, PM4, or PM5 monitor connected via USB to a compatible computer. In order to participate, rowers must comply with all instructions from Time-Team when connecting the monitor to a computer. No sliders are allowed to keep the playing field fair.

Other stationary ergometers are not recommended; however, it will be permitted. The Cascadia/Time-Team Timing Officials may not be able to support with technical difficulties to connect, download and submit results files.

#### **Results**

All results will be available immediately by Time-Team and will be displayed on RegattaCentral as racers submit them. Results will not be made official until all entries have been received and verified by the Cascadia/Time-Team Timing Officials.

### **On-Water Race Operations**

**2 X 1000m with a maximum 5 minutes rest, in opposite directions**

We are performing the race as a 2 x 1000m in opposite directions to allow for currents. The times from the two lags will cancel any variants from currents.



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## COVID-19 Protocols

All teams and individuals are required to adhere to their local, provincial and national Public Health orders regarding allowable activities. **No exceptions.** These include , appropriate PPE, social distancing, sterilizing shared equipment, boat washing, hand sterilization, etc. If your local orders prevent crew or team boats, then you must follow these guidelines. More information can be found at <https://rowingcanada.org/covid-19-updates/> and on your local or provincial health authority websites.

## Equipment

1. Each crew must row in a shell that meets safety protocols as defined by the RCA Rules of Racing.
2. Teams may use any GPS device that exports .gpx, .fit, or .tcx file. Participants will upload their .gpx, .fit, or .tcx file to Time-Team via a personal invite that will be sent to the email address submitted with the entry. Results will be displayed both on the Time-Team website and RegattaCentral.

## Rules of Racing

Please refer to the RCA Rules of Racing:

[https://rowingcanada.org/uploads/2019/03/RCA\\_rules\\_of\\_racing-EN-web.pdf](https://rowingcanada.org/uploads/2019/03/RCA_rules_of_racing-EN-web.pdf)

## On-Water Time Tracking and Results Exporting Instructions

1. Row at least 2x1000 metres on the water (depending on the race designation) and track your performance using a Smartphone + GPS Tracking App, GPS watch, or NK SpeedCoach with Training Pack.
2. Pieces must be done in opposite directions to create neutral conditions, with a **MAXIMUM** of 5 minutes rest in between.
  - These two scores will be cumulative with the lowest TOTAL time.
  - Record the forward and return pieces, including turning around, as one GPS recording.
  - The return piece must be started within 5 minutes of finishing the forward piece.
  - The start of the return piece must be within 100m of the finish of the forward piece. Be careful to watch your position if your body of water has a strong current.
  - The finish of the return piece must be within 100m of the start of the forward piece.
3. Once you have completed your performance, save your session and export your performance file (either a .gpx, .fit., or .tcx file) to a computer.
4. Submissions will be done through an email link sent directly from Time-Team to the email address used in RegattaCentral. You will receive this email within an hour after registration. The submission portal will open July 12 and close at 3:00pm Pacific Time on July 18.



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5. Upload your session's export to the Time-Team portal and confirm your submission.

### IMPORTANT

The Time-Team software will automatically extract the fastest continuous 1000m from the uploaded performance file for each of your two pieces. To ensure your submission is successful, we suggest rowers submit a performance that is slightly longer than 1000 meters but no more than 100 meters.

**Smartphone + GPS Tracking App** - There are numerous free applications available for iOS and Android devices that enable you to track and export your performance data for submission. We recommend Strava\*, though most apps created for tracking running or cycling will most likely be compatible. Before deciding on an app to use, look online to see if it supports exporting a single workout session as a .gpx, .fit, or .tcx file

\*Strava is a free app on the Apple App Store for iOS and the Google Play Store for Android. While Strava offers a paid subscription service that provides additional features, no purchase is necessary to use Strava for tracking and submitting your on-water piece.

1. [How to get your activities to Strava](#)
2. [Strava Export Instructions](#)

### GPS Watch -

- i. [Garmin Watch Support](#)
- ii. [Polar Watch Support](#)
- iii. [Suunto Movescount Support](#)
- iv. [FitBit Support](#)
- v. [Whoop](#)

### NK SpeedCoach with Training Pack

- vi. [NK Link Support](#)

### GPS Apps & How to Export Data

- vii. [MapMyFitness](#)
- viii. [RunKeeper](#)
- ix. [AllTrails](#)
- x. [Crew Nerd](#)



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## **GENERAL INFORMATION**

### **Educational Series**

Throughout the event, RCA will be staging a series of informative and fun sessions open to all rowers. These will include sessions on nutrition, rigging, and training programming, as well as a 'Fireside Chat' with former Olympians reminiscing about their Olympic experiences.

More information will be posted on July 1 on the RegattaCentral, Cascadia and RCA websites.

Zoom meeting details will be emailed directly to registered participants.

### **Awards**

First, second, and third place rowers will be awarded in each event. For more information, see the 'Meaningful Competition' section above.